

WHAT IS CLAIMED IS:

1. A method of contraception comprising the step of:
administering to a menstruating female a cycle of contraceptive therapy, each
5 cycle of therapy including the transdermal administration of a combination of
ethinyl estradiol and norelgestromin for at least 42 successive days, wherein said
method provides enhanced bleeding control and enhanced continuation and
satisfaction rates in menstruating females using said method.
- 10 2. The method of claim 1, wherein each cycle of therapy includes 56 consecutive days
of therapy.
3. The method of claim 2, wherein each cycle includes a hormone-free period following
the 56 days of continuous therapy.
- 15 4. The method of claim 3, wherein the hormone-free period is from 4-8 days.
5. The method of claim 1, wherein 20 μg of ethinyl estradiol and 150 μg of
norelgestromin are administered daily.
- 20 6. A contraceptive therapy unit adapted for administration in an extended
contraceptive regimen, said unit comprising a sufficient number of transdermal
patches to provide at least 42 consecutive days of contraceptive therapy, wherein
each transdermal patch comprises a suitable matrix and a combination of ethinyl
25 estradiol and norelgestromin, and wherein said regimen provides enhanced bleeding
control and enhanced continuation and satisfaction rates in menstruating females
using said regimen.
7. The unit of claim 6, wherein said unit includes 8 transdermal patches
- 30 8. The unit of claim 4, wherein each patch provides for the daily administration of 20
 μg of ethinyl estradiol and 150 μg of norelgestromin.